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2 What is claimed is:

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5 1. An exercising device that is held and rotated in use comprised of two units; each unit to be
6 held in a hand of a user;

7 said units each comprised of: a handle, an elongated first element attached to
8 said handle, and said elongated first element has at least a first loop.

9
10 2. The exercise device of claim 1 which further includes a loop forming means for forming said
first loop from a portion of said elongated first element.

11 3. The exercise device of claim 1 which further includes a loop forming means for forming said
12 first loop from a portion of said elongated first element; said loop forming means is located on
13 or inside said handle.

14 4. The exercise device of claim 1 which further includes a loop forming means for forming said
15 first loop from a portion of said elongated first element; said loop forming means is located
16 outside of said handle.

17 5. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of
18 said elongated first element to a second section of said elongated first element.

19 6. The exercise device of claim 1 wherein said first loop is formed by attaching a first section of
20 said elongated first element to a second section of said elongated first element; the distance
21 from the handle to the furthestmost point of said elongated first element is between about 10 and
22 24 inches.

23 7. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of
24 said elongated first element to a second portion of said elongated first element; a section of said
25 first loop is inside a portion of said handle.

26 8. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion of
27 said elongated first element to a second portion of said elongated first element; a portion of said
28 first loop is inside a portion of said handle; said first unit further comprises an elongated second
29 element attached to said handle or to said elongated first element.

30 9. The exercise device of claim 1 wherein said elongated first element is comprised of two or
31 more cords.

1 10. The exercise device of claim 1 which further includes a loop forming means for forming a
2 loop from a portion of said elongated first element; said loop forming means is located outside
3 of said handle; said elongated first element is comprised of two or more cords.

4 11. The exercise device of claim 1 which further includes a loop forming means for forming a
5 loop from a portion of said elongated first element; said looping means is located outside of
6 said handle; said elongated first element is comprised of a first and a second cord; said first
7 cord is attached to said handle; said second cord is attached to said first cord; said second cord
8 forming said first loop.

9 12. The exercise device of claim 1 wherein the distance from the handle to the furthestmost point
10 of said elongated first element is between 10 and 24 inches.

11 13. The exercise device of claim 1 wherein said handle is a portion of said elongated first
12 element.

13 14. The exercise device of claim 1 which further includes a detachable loop forming means for
14 forming a loop from a portion of said elongated first element; said loop forming means is
15 located outside of said handle; said loop forming means comprised of a first connector and a
16 second connector; whereby said first and second connectors from each unit can be connected
17 together to form a jump rope.

18 15. The exercise device of claim 1 wherein said elongated element is comprised of a first length
19 of flexible material attached to said handle, and said first length of flexible material forming a
20 loop.

21 16. The exercise device of claim 1 wherein said elongated first element is comprised of a first
22 piece and second piece of flexible material said first piece is attached to said handle, and said
23 second piece is attached to said first piece; said second piece forms said first loop.

24 17. The exercise device of claim 1 wherein said elongated first element is comprised of a first
25 cord and second cord said first cord is attached to said handle, and said second cord is
26 attached to said first cord; said second cord forms said first loop; a loop forming means
27 attaching said first cord to said second cord.

28 18. The exercise device of claim 1 wherein said elongated first element is comprised of a first
29 cord and second cord of flexible material said first cord is attached at one end to said handle,
30 and said second cord is attached to said first cord; said second cord forms said first loop; a

1 loop forming means attaching said first cord to said second cord; said loop forming means
2 comprises an annular shaped piece.

3 19. The exercise device of claim 1 wherein said elongated first element is comprised of a first
4 cord and second cord of flexible material; said first cord is attached to said handle, and said
5 second cord is attached to said first cord; said second cord forms said first loop; a loop forming
6 means attaching said first cord to said second cord; said loop forming means comprises an
7 annular shaped piece; said annular shaped piece having holes that accept and attach to a portion
8 of said first and second cords.

9 20. The exercise device of claim 1 wherein said unit further comprises a plurality of loops; said
10 loops attached directly or indirectly to said handle or to said elongated first element.

11 21. The exercise device of claim 1 wherein said unit further includes an elongated second
12 element; said elongated second element attached directly or indirectly to said handle or to said
13 elongated first element.

14 22. The exercise device of claim 1 wherein said unit further comprises a second elongated
15 element having at least a second loop; said elongated second element attached directly or
16 indirectly to said handle or to said elongated first element.

17 23. The exercise device of claim 1 wherein which further includes a loop forming means for
18 forming a loop from a portion of said elongated first element; said loop forming means
19 comprises an element selected from the group consisting of: a knot, a snaphook, a boltsnap, a
20 hook, a hook and loop fastener, and screw-together unit.

21 24. The exercise device of claim 1 wherein said handle is comprised of a portion of said first
22 element.

23 25. The exercise device of claim 1 wherein said elongated first element is at least partially
24 covered with a tubular element.

25 26. The exercise device of claim 1 wherein said elongated first element is comprised of a first
26 cord; said first cord forming said first loop; said first cord attached to said handle by a piece
27 having two holes through which said first cord passes; a portion of said loop is inside said
28 handle.
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1 27. An exercise device for use in simulating rope jumping comprised of two units; each unit to
2 be held in each hand of a user; each unit comprising:

- 3 a) a handle for gripping said unit;
4 b) a first cord having a first and a second end; said first end of cord rotatably
5 attached to said handle; and
6 c) an attachment means for joining said first cord to a first loop.

7 28. The exercise device of claim 27 wherein said attachment means comprises an annular
8 shaped piece.

9 29. The exercise device of claim 27 wherein said attachment means comprises an annular
10 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
11 comprised of a second cord attached to said annular shaped piece.

12 30. The exercise device of claim 27 wherein said attachment means comprises an annular
13 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
14 comprised of a portion of said first cord attached to said annular shaped piece.

15 31. The exercise device of claim 27 wherein said attachment means comprises an annular
16 shaped piece having holes that accept and attach to a portion of said first cord; said first loop is
17 comprised of a portion of said first cord attached to said annular shaped piece; said unit further
18 comprises a second loop attached to said annular shaped piece.

19 32. The exercise device of claim 27 wherein said handle is comprised of a portion of said first
20 cord whereby a user grips said portion of said first cord.

21 33. The exercise device of claim 27 wherein said attachment means is outside said handle; and
22 said first cord extends a first distance from said handle to said attachment means; said first
23 distance is between about 1 and 8 inches.

24 34. The exercise device of claim 27 wherein the distance from said handle to the furthestmost
25 point of said first loop is between 10 to 24 inches.

26 35. The exercise device of claim 27 wherein said elongated first element is comprised of a first
27 cord; a plurality of beads surround a portion of said first loop.

28 36. The exercise device of claim 27 wherein said handle includes a tubular hand grip having a
29 passage opening at the inner end of the hand grip and a retainer in said passage of the tube; a
30 first end portion of said first cord extends through said tubular hand grip and is attached to a

bearing; said bearing is retained in said passage of the tubular hand grip between the outer end of the retainer and a transverse wall of said tubular hand grip.

37. An exercise device for use in simulating rope jumping comprised of two units; each unit to be held in each hand of a user; each unit comprising:

- a) a handle for gripping said unit;
- b) a first cord having a first and a second end; and
- c) said first cord attached to said handle to form a first loop; said first loop is formed by attaching a first portion of said first cord to a second portion of said first cord; a section of said first loop is on or inside a portion of said handle.

38. The exercise device of claim 37 wherein said first end and said second end are inside said handle.

39. The exercise device of claim 37 wherein said first cord is attached to said handle by a washer having two holes through which said first cord passes.

40. The exercise device of claim 37 which further includes a weighting material or a cushioning material surrounding a portion of said first loop.

41. The exercise device of claim 37 wherein the distance from the handle to the furthestmost point of said first loop is between 10 to 24 inches.

42. The exercise device of claim 37 which further includes a second loop attached to said handle.

43. An exercising device that is held and rotated in use comprised of two units; each unit to be held in each hand of a user; said units each comprised of:

a handle, an elongated first element attached to said handle, said elongated first element does not form a loop; and whereby said elongated element provides weight and air resistance during the rotation of said elongated first element.

44. The exercise device of claim 43 wherein said elongated first element is comprised of a first cord attached to said handle and a soft flexible element attached to said first cord.

said elongated first element is comprised of a flexible element surrounding a portion of said elongated first element is comprised of soft flexible elements surround a portion of said elongated first element is comprised of the distance from the handle to the finger loops between 10 to 24 inches.

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